

# Health and Wellness Fair a fundraiser for Flourish Campaign

By Sue Dickens *EMC NOV 20/14*

**News - Warkworth** - Building on past success the third annual Warkworth Health and Wellness Fair will again be offering a myriad of vendors with products and services to make folks feel better and live better.

Money raised at this event will go toward the Flourish Campaign which has a goal of \$7 million to be raised over the next five years, toward health and wellness projects that will benefit the entire Trent Hills community.

In Warkworth the campaign will use some of its money to build a one-storey addition to the arena.

"This time around I am doing the fair in memory of my father Alvin Greenly who is a former Kinsmen and he passed away in May of cancer," said the fair's organizer Cherie Whalen, for whom the event is all about giving back.

"Kinsmen built the initial arena so I thought it would be fitting," she added.

The first year the fair was held proceeds were donated to St. Paul's United Church in Warkworth.

The second year the money went to help one family in particular, Chris and Krista Gutteridge and their three children.

"[Chris] has some serious health issues that [have] put him into the hospital for quite an amount of time ... so things were really tight with them financially," said Whalen.

As well the proceeds raised at a Legion dance that same weekend, organized by Whalen's husband, Jake, were donated to the Gutteridge family.

That is what the Whalens do ... they volunteer their time and energy to their community.

"We've always been a volunteering family," noted Whalen.

"In 2008 my husband and I started a charity, The Warkworth Family Feud. My theory is when you give out you get back and it's just good Karma to give."

The fair has grown in the past couple of years and to date there are 20 vendors participating including (Lori and Ben) Godden Farms where they make Godden's whole hog sausages,

As well Curves of Campbellford will be there with information.

Melody Macdonald of Twloom Alpacas from Hastings, breeds alpacas for their fleece and she will be there as well.

John Semlitch a local resident who works for London Life will be there with insurance and investment information.

"His wife Penny will be alongside myself with Arbonne; we are independent consultants with the company which is Swiss-based and has pure safe and beneficial skin care products," noted Whalen.

"The fair will have service providers and vendors with product lines in the health and wellness industry ... as close as I possibly can get," she added.

Admission to the fair is free but donations will be accepted for the Flourish Campaign.

"I am very hopeful we can raise \$500 or more," Whalen said.

The third annual Warkworth Health and Wellness Fair will take place on Saturday, November 22, from noon to 4 p.m. at the Warkworth Town Hall Centre for the Arts.

For more information, or to be a vendor (cost \$30) call 705-868-9955.

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Cherie Whalen has organized the third annual Warkworth Health and Wellness Fair which is a fundraiser for the Trent Hills' Flourish Campaign. About 20 vendors will be there. Whalen, who is an esthetician at Teri and Company, will be selling gift certificates. Photo: Sue Dickens

## 12 Woman hangs upside down in car for hours after Grafton rollover

**Karen Longwell**  
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**GRAFTON** -- After hanging upside down in her crashed vehicle for several hours, a woman managed to free herself and walked out to the road.

An OPP officer spotted the woman near the Lyle Street off-ramp of Hwy. 401 north of Grafton, OPP said. The officer was on his way to a RIDE spot check just shortly after 11 p.m. on Nov. 22, police said. The woman appeared to be in distress and the officer stopped to check on her wellbeing. She said she had been in a car crash and when the officer searched the area, he found the vehicle upside down in the wooded area west of the Lyle Street overpass bridge.

OPP determined the woman went off the road in her vehicle, became airborne, rolled and

struck a tree. She freed herself after being in the car for several hours, police said. Her black Volvo was not visible from the highway at night.

The injuries sustained in the collision might have been fatal, if she hadn't gotten help, said OPP Constable Karen German.

"If she hadn't gotten out of the car, she

would have died," said Const. German.

The 20-year-old woman from British Columbia was sent to hospital with serious but non-life threatening injuries.